August 2017 Tip of the Month
Benefits of Volunteering

JOAG | JUNIOR OFFICER ADVISORY GROUP

Being a volunteer can provide a sense of personal ownership to a cause.

Improve Mental Health

Focusing on others is a good diversion from everyday stressors

Understanding community needs helps foster empathy and self-efficacy

Connect to the Community

Feel like an integral part of your local community

Meet new friends in your area with similar interests

Improve Physical Health

Volunteering allows you to remain active

Research has shown that volunteers have a lower mortality rate than those who do not volunteer

Gain New Skills

Increased exposure to new people improves your social skills

Improve your teamwork, communication, problem solving, and project planning

Build Your Resume

Volunteering allows people to interact more, meet new people, and expand their network

Advance your career with the new skills that you learn while volunteering

Enhance Self Reflection

Volunteering can provide personal insight into potential career choices

Gain insight into your local communities' needs

A defining characteristic of JOAG is that it helps junior officers seek to enhance their professional experience through involvement in group activities. Volunteering can provide this opportunity within an officer's local community.

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